From the Principal’s Desk …

Queensland Ready Reader
This year we will continue to run the QRR program at Durong South State School. Our focus this year is to facilitate the enjoyment of reading and of being read to. We will also be developing the student’s comprehension skills. We anticipate that every child will have the opportunity to take part in this worthwhile program throughout the year. If you have any questions about the program or wish to volunteer as a QRR tutor, please contact me at school on a Friday.

Michelle Mearns
QRR Coordinator
Hello Everyone,
Welcome back to QRR for 2017. Your support of the program and the students at Durong South State School is always appreciated.
Our new principal, Del McDonald is very excited about the community support this program receives and is looking forward to meeting you. This year I will be coordinating the QRR program. Can you please forward to me your preferred days for QRR and any dates that you are not available until 31st March. Also, can you advise me as to how many days you would prefer to come to DSSS for reading per term. I understand that some people can only commit to a couple of days a term and some volunteers are happy to come weekly or fortnightly.
I am teaching every Friday at DSSS and will be available from 2.30pm to manage the program. I also check my emails from home so can attend to any queries you may have via email.
When you start QRR this year, can you please check the communication book as I will write notes about the students on the program.
Please don’t hesitate to contact me if you have any questions or concerns. Also if you know of anyone who may be interested in volunteering with the program, can you please let me know.
Kind regards,
Michelle Mearns

Don't Panic!
Anxiety and panic attacks are, unfortunately, prevalent issues for a growing number of children. Anxiety is related to the emotion of fear, but tends to be more future-oriented (like worrying about a future exam). A panic attack is a rush of fear that is an immediate response to a perceived threat and can be accompanied by physical sensations such as a pounding heart, sweating, dizziness or hot flushes. Having a child with anxiety and panic attacks can be very stressful – seek support – to ensure that you stay calm and relaxed when assisting your child. What can parents do to help?
Each fortnight I’ll share a tip from Antony & McCabe (authors of 10 Simple Solutions to Panic, 2004) to help you and your child.

Tip number 1) Understand the Panic and Fear
• Do some brainstorming with your child to help them understand the patterns of their panic attacks, what their major triggers are, and what sensations occur in their body. Explore times when they’ve felt panicked but have been able to calm themselves or manage the attack – what was different, who was with them, what was said that helped them calm down? Make sure that this is done without judgement and with understanding.

Next time we’ll look at setting goals with your child to help work through anxiety and panic issues.

Kind Regards,
Anna Neynens
Guidance Officer
Tingoora SS, Coolabunia SS, Crawford SS, Wooroolin SS & Durong South SS
Admin Announcements

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P&C NEWS

Campdraft Thank You
A big thank you to the volunteers who helped at the Burrandowan Campdraft on the weekend and assisted by supplying baking.
The Burrandowan Campdraft Committee make a donation to the Durong South School P&C every year. This donation is used to support the learning of every child at the Durong South School. The P&C use the funds to contribute to swimming lessons, school camps, bus trips, resources for the students, to name a few. It was gratifying to see the many community members who are ‘ex P&C’ helping at the campdraft on the weekend. These wonderful people contribute their time and effort to the Campdraft because they know it benefits the current students of the Durong South School.
The next P&C fundraising opportunity will be the Burrandowan Picnic Races on Saturday 13th May. Please consider donating a few hours of your time to help serve at the Bar.
Michelle Mearns
P&C Catering Coordinator
BIEDO Women’s Wellness Morning Teal

Friday 24 February 2017, 9am – 12noon
Nanango Cultural Centre

Free Admission & Morning Tea
Ladies, bring your friends for a great morning of fun & information. Wear something teal if you like.

Guest Speaker - Dr Madeleine Cooke,
Complete Women’s Healthcare
(see ad inside regular gynaecology clinic serving North, Central & South Burnett. To find out more, telephone Biedo 791 312, email info@completesthailandcare.com.au or visit your GP)

All Welcome!
Kids on Tour 2017 – Free Workshop
Sunday 19 March, 2017 from 9.30 am to 12.30 pm at ‘The Studio’, Wondai Regional Art Gallery, On the Roundabout, Wondai

The Gabori Sisters: Gathering by the Sea on Tour introduces young visitors to the Kaiadilt artists, Elsie, Dorothy and Amanada Gabori, and their homeland of Bentinck Island in Queensland's Gulf of Carpentaria. Through specially designed, hands-on making and multimedia activities children are invited to consider the unique and important relationship the Kaiadilt people share with the sea and discover the creatures that inhabit the waters around Bentinck Island.